

## **How To Reset When You Forget Everything**

### **QUESTION:**

What do I do when I spiral back into old patterns and feel like I've undone all my progress?

### **ANSWER:**

Healing is not linear, and setbacks are not failures, but invitations to reconnect with yourself. When you notice you've fallen back into old patterns, your first step is awareness. Recognise without judgment what triggered the spiral and treat yourself with the same compassion you would offer a friend. Remember, momentarily forgetting your new habits doesn't erase your progress; it simply highlights areas that need reinforcement.

You now have the tools to reset, to pause, and to reclaim your grounding. The key is to move from self-criticism to self-compassion, and then back into progress. Focus on the small, deliberate steps that return you to your centre.

A reset is a practice in self-rule: noticing, pausing, realigning, and choosing one intentional act to re-anchor. Here's how to do that:

**Recognize the spiral:** Name it. 'I am feeling anxious, unsure, overwhelmed, or triggered.' Naming it interrupts your automatic reaction.

**Pause and breathe:** Deep, slow breathing engages your parasympathetic nervous system which helps the body return to a relaxed state. Even 60 seconds of conscious, deep breathing can create space for clarity.

**Reclaim your boundaries:** Ask yourself, what do I need to do to protect my energy right now? Implement micro-boundaries to stabilise your day.

**Practice radical self-compassion:** Speak to yourself gently, affirming that imperfection is human. Replace 'I failed' with 'I am learning.'

**Re-anchor to your core values:** Reconnect with your why. Journal on your reasons for your new ways of choosing, feeling, and thinking Which choices, feelings, and thoughts reflect the person you are becoming?

**Take one healing action:** Journaling, a walk, meditation, silence, time out, or reaching out to a supportive friend. Choose one step and fully commit to it.

**Affirmation:**

I am always capable of returning to myself, and each reset strengthens my healing journey.

**Journal Prompts:**

1. What triggered my spiral today?
2. Which part of me reacted automatically, and why?

3. How can I create a safe space for myself in this moment?
4. What one action will re-anchor me today?
5. How will I remind myself that healing is not linear?

**Visualisation:**

As you stand at the centre of a calm circle, imagine yourself deep-breathing. Each breath draws a golden light into your body, washing away the chaos of your thoughts. Feel yourself solid, grounded, and untouchable for a few moments before stepping back into the world.

**Conclusion:**

Resetting is an act of sovereignty. Every spiral is temporary; your choices define your path forward.

**Final Thought:**

Forgetting is not losing your path or your direction; it's a signal to reconnect and reclaim your alignment.